


Premier Recreational & Competitive Gymnastics and Cheerleading Facility!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Parent and Tot (18 months – 2 yrs)		5:00-5:45	5:00-5:45	5:45-6:30		9:00-9:45 9:45-10:30	
Kindergym (3 – 4 years old) Ask about our daytime flexible scheduling!		5:00-6:00 6:00-7:00	5:00-6:00 6:00-7:00	5:00-6:00 6:00-7:00		9:30-10:30 10:30-11:30 11:00-12:00 12:00-1:00 1:00-2:00	
Advanced Kindergym						9:00-10:30 (x2)	
Junior (5 – 6 years old)		5:45-6:45 6:00-7:00	5:00-6:00 6:00-7:00	5:00-6:00 6:30-7:30		9:00-10:00 10:00-11:00 10:30-11:30 11:30-12:30	
Junior Advanced						12:30-2:00	
Junior Tumbling		5:00-6:00					
Intermediate (7 – 9 years old)		7:00-8:00	5:45-6:45 7:00-8:00	6:00-7:00 7:30-8:30		10:30-11:30 11:30-12:30	
Intermediate Advanced			7:00-8:30 (1.5hr)			12:30-2:00	
Intermediate Tumbling			6:45-8:15 (1.5hr)			11:30-1:00	
Senior (10+ years)		7:00-8:30 (1.5hr)	5:00-6:30 (1.5hr)	7:00-8:30 (1.5hr)			
Senior Advanced		7:45-9:15 (1.5hr)					
Senior Tumbling				7:30-9:00 (1.5hr)			
Junior Boys (5-6)						9:30-10:30	
Intermediate Boys (7-9)						10:30-12:00	
Senior Boys (10+)				6:00-7:30 (1.5hr)			

NEW!! Accelerated Junior				4:00-6:00	Our Accelerated classes run for two hours and have a higher emphasis on the technical mastery of skills with the added fun of developing routines on each apparatus! Athletes will also continue to work on mastering badges in their progress reports.
NEW !! Accelerated Interm.			6:30-8:30		
NEW !! Accelerated Senior		6:30-8:30			

NINJA 101 (5-8)			Our Co-Ed NINJA classes focus on flexibility, endurance, agility, balance and coordination. Classes include obstacles, flexibility training and conditioning circuits. It's a great way to build strength and self-confidence! Note: to register in Ninja 102 the athlete must have completed Ninja 101 and have had experience doing aerial inversions ("flip").	12:00-1:00	
NINJA 101 (9+)		6:45-7:45			
NINJA 102...				1:00-2:00	

Cheer 101 (3-5 years)		5:00-5:45			Training focuses on the basics of cheerleading and tumbling (at each athlete's level). These classes are a great preparation for athletes who are interested in our London Heat All Star programs (competitive).
Cheer 101 (6-9 years)			5:30-6:30		
Cheer 101 (10+ years)			6:30-7:30		
Cheer 102 (must have back walkover)				5:00-6:00	

CLASSES WILL FILL QUICKLY! REGISTER NOW TO AVOID DISAPPOINTMENT

REGISTRATION INFORMATION:

Phone: 519-652-1385

Online: www.londongymnasticsacademy.com

www.londonheatcheerleading.com

E-Mail: info@londongymnasticsacademy.com

info@londonheatcheerleading.com

FB: <https://www.facebook.com/londongymnasticsacademy/>

<https://www.facebook.com/londonHeatCheerleading/>

Rec Director: Suzanne Brodhurst

Cheer Director: Jamie Matte

Note: Classes may be added, cancelled, changed or rescheduled at the sole discretion of the Directors.

SUMMER 2019 SESSION FEES

3/4 hour class	- \$145.00
1 hour class	- \$185.00
1 ½ hour class	- \$238.00
2 hour class	- \$310.00

- Saturday classes are pro-rated for the July long weekend
- All Class and Registration fees are subject to HST.
- Fees are non-refundable and there are no make-up classes (including due to inclement weather).
- \$10 discount for first sibling, \$20 for second sibling, etc.
- Gymnastics Ontario/Reg'n Fee - \$40 + HST (non-refundable). This fee covers each athlete from July 1st or from the date of registration until June 30th of each year.